



# YOU MOVE. WE GUIDE.



## Active Living

### Personal Excellence

Exercise helps you reach your personal best. You look good, feel good and perform at your peak on and off the job. As a Navy resource for physical fitness, the Health Promotion and Wellness Department of the Navy Marine Corps Public Health Center offers you resources to help keep you active so that you can be at your prime physically, psychologically and operationally. We know how to get you moving and we know how to keep you fit. Whether you want to start a new exercise routine, refresh your workout regimen or train like a professional athlete, we can help you identify the workout program to help you meet your fitness goals.

### Exercise good judgment.

Physical activity is an important factor in healthy living. Engaging in a variety of moderate to intense aerobic exercise, muscle strengthening and functional body movement activities will help you control your weight, reduce stress and improve your ability to do daily operational activities on or off the job. Over the long term, regular physical activity will improve your health by strengthening your bones and muscles and reducing your risk of cardiovascular disease, type 2 diabetes and some cancers.

### Get moving.

If don't exercise regularly, it's important to just get moving. Try brisk walking, bicycling, swimming, basketball, elliptical training, attending an exercise class, mowing the lawn or gardening to help you get started. Research shows that resistance training is necessary for muscular strength and endurance. Resistance training can be done in a variety of ways, including lifting free

weights, stationary weights or sand bags, performing resistance band exercises or using your own body weight for resistance. Remember to include balance, agility and coordination activities in your workout to strengthen your functional body movement.

### Refresh your workout.

Already exercising, but feel like you've hit a plateau with your fitness regimen? We can help you revitalize your workout by identifying new movements, activities and routines to help you feel challenged and reach your fitness goals.

### Train like the pros!

We believe in the concept of "operational fitness"—personalizing your workout routine with exercises that mimic your job-related movements, so your workout activities relate directly to your job demands. We do this through our signature program, the Navy Operational Fitness and Fueling System (NOFFS). Geared towards individuals of all fitness levels, it combines both human performance and injury prevention strategies, resulting in more productive and safer training regimens than other high intensity workout programs. NOFFS also includes a nutrition component, so you have the tools to help you make healthy nutrition choices in shore-based and operational environments.

### Be active anywhere.

You don't need a gym to be active. Visit our website for workout routines that eliminate the guesswork and photos, videos and descriptions of exercise movements to help you exercise wherever you are. For additional help with your workout routine, contact the Health and Fitness coordinator at your Morale, Welfare and Recreation program or your local health promotion coordinator.



To learn how our programs can help keep you fit for service and improve your overall health, visit us at

**[WWW.NMCPHC.MED.NAVY.MIL/HEALTHY\\_LIVING](http://WWW.NMCPHC.MED.NAVY.MIL/HEALTHY_LIVING)**



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